

Have a  
Be an healthy baby.  
alcohol-free  
mother-to-be.



Alcohol Can Harm the Way  
Your Baby Learns and Behaves.



DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

# You can prevent the problems that cannot be cured.

**W**hen you're pregnant, everything you drink passes through your bloodstream to your baby. And no amount of alcohol can be safe.

Children whose mothers drink alcohol can be born small. They can have trouble eating and sleeping. They can have problems learning and paying attention. Some may even need lifelong medical care.

It's the same for all mothers- and fathers-to-be. You can protect your baby and your future.

**For information call:  
Information Resource Center  
(866) STOP-FAS**

Prototype



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